October

Fire Prevention Month

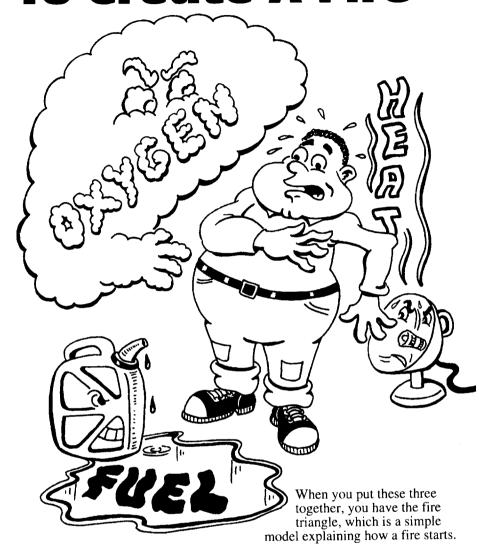
Hazard Communication

Power Tool Safety

Hunting Safety

Halloween Safety

It Takes All Three To Create A Fire



It takes three things to make a fire. They make up the three sides of what is known as the fire triangle. Remembering these components is an important part of fire prevention.

These are the three sides of the fire triangle:

- Fuel. This is a combustible or flammable material.
- Heat. This is the source of ignition.
- Oxygen. This gas, part of the air that we breathe, is necessary for burning to take place.

Here are more detailed explanations of the three sides to a fire:

• Fuel — This consists of combustible materials. Actually, solid and liquid fuels do not really burn. It is their gases or their vapors which do. Ordinary materials such as wood and plastic must be heated to the point of giving off vapors before they will burn. On the other hand, many flammable liquids give off vapors well below room temperature, so they can burst into flame easily. Examples of these dangerous fuels are

gasoline and acetone. Combustible liquids are different. They give off their vapors at above 100 degrees Fahrenheit (39 degrees Celsius), so they do not burn as readily. Diesel and kerosene are examples of combustible liquids.

- Heat or ignition source A common source of ignition would be an open flame from a match. But other sources might include sparks, hot surfaces, electrical resistance or even a chemical reaction.
- Oxygen It makes up about 21 per cent of the air that we breathe. There is enough oxygen to support a fire anywhere that people can breathe. An excess of oxygen presents a severe fire danger. It makes fire very easy to ignite and very difficult to control.

We can prevent or control fires by removing any one of the three sides of the fire triangle. If there is no fuel, the fire will not burn. Without a source of ignition, it will not start. Without oxygen, it will die.

(Note: There is such a thing as a four-sided fire, known as a tetrahedron or fire square. It involves certain chemical reactions. However, the model of a fire triangle is useful for explaining most ordinary fires.)

We can prevent fires from starting by removing any one of the three sides of the fire triangle. That is why it is important to reduce the fuel available for a fire by practicing good job-site housekeeping and keeping litter cleaned up. You can reduce the sources of ignition by maintaining electrical equipment and by keeping sparks away from materials. Understanding about oxygen tells you why you should not let oxygen-enriched atmospheres develop. It also tells you why you can put out a fire by smothering it for example, covering a kitchen fire with a lid.

To prevent fires, don't let fuel, heat and air combine. You can't have a fire unless all three are present.

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Everyone Is Responsible For Fire Safety!

Electrical malfunctions are also a major contributor to fires in the workplace. Electrical equipment should be checked regularly for signs of trouble such as damaged cords or worn insulation. Never overload circuits, and never force circuit breakers to remain in the "on" position. Only qualified and authorized personnel should carry out electrical repairs and maintenance, but everyone is responsible for being alert to the signs of electrical malfunction.

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It is important to understand the fire hazards of the materials with which you work. They may be combustible, flammable, explosive or reactive. Read the labels and know where to locate the Material Safety Data Sheet for further information. Carefully follow any

instructions when you are using any materials which might pose hazards.

Be sure to observe any smoking restrictions. Smoke only in designated areas. Smoking in unauthorized areas such as storage rooms has resulted in serious fires. Do not empty ashtrays until smoking materials are cold.

Observe company security policies and be alert to any suspicious persons or activities. Many workplace fires are set by arsonists; do your part to prevent these incidents.

Know what to do in case of a fire. Make sure your safety training includes this information:

• What is your responsibility in case of fire — to report the fire, fight it or evacuate the building?

- · Where is the fire alarm located?
- Where are the fire extinguishers located? Do you know how to use them, and on what kinds of fires?
- Do you know how to use other fire emergency equipment such as fire blankets, hoses and sprinklers?
- What safety procedures should you carry out in case of a fire? Are you responsible for shutting down equipment or operations before you leave?
- Do you know where you and your co-workers are supposed to meet for a head count after evacuating the plant?

Everyone has a responsibility for preventing fire. It is up to you to report any unsafe situation, and to correct it if you are qualified and authorized to do so.

Fire safety is an extremely important part of any workplace safety program. It's everyone's responsibility to help prevent fires.

Here are some fire-safe tips:

Practice good worksite housekeeping habits. Do not let trash and waste material accumulate. Empty trash bins regularly. Oily rags must be stored and disposed of in covered metal containers, according to company policy.

Do not store materials or allow clutter to accumulate around exits and stairways. Fire doors should be kept closed as directed. Fire exits should always remain free and accessible.

A common cause of workplace fires is machinery or equipment which becomes overheated. Be sure to follow operating guidelines to prevent overloading. Follow manufacturer's instructions in using and maintaining equipment.

FIRE PREVENTION

A Guide To Worksite Fire Safety

Fire can be one of the most devastating of all industrial emergencies. Each year, accidental fires in the workplace cost thousands of people their livelihoods—and, for thousands more—their lives. Perhaps the saddest fact of all is that most of these fires could have been prevented. By recognizing fire hazards and learning how to correct them, you can help prevent fires and save lives.

Recognizing Fire Hazards

Industrial fires can be caused by a variety of hazards including unprotected or faulty equipment, unsafe storage of combustible materials, inadequate ventilation, failure to follow established safety guidelines (such as smoking in restricted areas), inattention, human error, and arson. Fortunately, most of these fire hazards can be recognized (and corrected) by knowing your company's safety procedures and keeping alert to potentially dangerous situations.

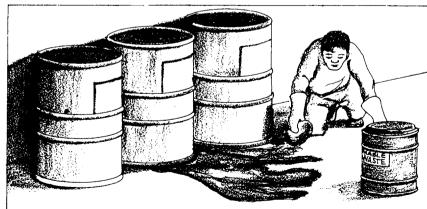
Preventing Fire Hazards

You can help prevent fires at your worksite, by following these guidelines:

- ☐ Keep equipment and machinery clean and in good operating condition.
- ☐ Make sure that all electrical equipment is protected.
- □ Never overload circuits.
- ☐ Store flammable/combustible materials in appropriate containers away from heat sources.
- ☐ Keep work and refuse areas clean and free of debris.
- ☐ Dispose of flammables

- according to established safety guidelines.
- ☐ Never leave open flames unattended.
- ☐ Use caution when operating welding and other spark-producing equipment.
- ☐ Clean (if appropriate) or report all spills.
- Report suspicious persons to security or plant manager.
- ☐ Keep fire exits/escape routes clear and well-marked.
- ☐ Know where alarm boxes are located. ☐





Following safety guidelines and recognizing potential hazards can help you prevent fires at your worksite.

WORKSITE FIRE EMERGENCIES

What To Do When Fire Breaks Out

If the worst should happen and a fire did break out at your worksite, would you know what to do? Knowing how to react in a fire emergency can literally mean the difference between life and death.

Your First Move

Many small and self-contained fires can be safely extinguished on the spot. However, if you are in any doubt as to the seriousness of the fire, sound the fire alarm immediately and begin evacuating the building. Know where fire alarm boxes are situated throughout your workplace, learn your company's evacuation procedures, and know the locations of established escape routes.

Fighting Small Fires

If you are *certain* that a small or self-contained fire does not pose an immediate threat to you, your coworkers, or the surrounding area, you may be able to put it out with the *appropriate* fire extinguisher. There are many varieties of fire extinguishers, but each is rated according to the type or types of fires it can put out. Before you use an extinguisher, check to see if it is rated for the type of fire you are confronting. (This information must be prominently listed on the extinguisher itself.) Please! Don't wait for a fire to learn where fire extinguishers are located and what ratings they carry. And, before you find yourself in a fire emergency, take a moment to learn the four basic types of fires.

Four Types Of Fires

Type A: Wood, paper, cloth, rubbish, etc.

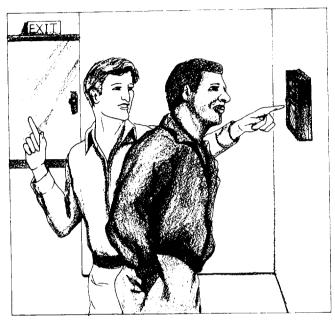
Type B: Flammable gas/liquids (like oil, grease, paint)

Type C: Electrical fires

Type D: Combustible metals

Remember

Your safety comes first. If you are in doubt about the seriousness of any fire, don't hesitate—sound the alarm and evacuate the premises.



Know the location of fire alarms and emergency exits.



Check extinguisher to see if it is rated to put out the type of fire you are confronting.

HOME FIRE SAFETY

How To Make Your Home Fire-Safe

Fire is perhaps the most dangerous and deadly of all home emergencies. Protecting your home from accidental fire is one of the most important things you will ever do for yourself and your family. Let this checklist be your guide for making sure that your home is safe from accidental fire.

Fire Prevention Checklist
Hazard Prevention
Keep burnable materials away from heat sources such as chimneys, water heaters, radiators, portable heaters, etc.
Store burnable materials away from stairways and walkways (if a fire did break out, they could block your exit). Do not store, use, or carry flammable liquids in open containers.
Clean ovens, rangetops, and exhaust fans to keep them free of grease.
Make sure that all electrical appliances have been approved by a testing lab (such as Underwriters' Laboratory).
Replace worn or frayed cords, plugs, or wiring immediately (or have them repaired by a licensed electrician). Turn off gas pilots when working with flammable adhesives.
Never overload circuits.
Inspect chimneys and flues regularly to be sure they are in working order.
Never leave an open flame unattended.
Quench fireplace and barbecue fires completely before retiring. (Even if there is no visible flame, hot embers can re-ignite.)
Never smoke in bed or when drowsy.
Never empty ashtrays into a wastebasket—keep a can filled with baking soda to dispose of butts, or douse them first with water.
Safe Practices
☐ Install at least one smoke detector on each floor of your home.
☐ Vacuum smoke detectors monthly to keep them dust-free.
☐ Inspect detectors monthly to ensure that batteries and lights work.
☐ Make sure that security gates and window guards can be opened easily from within the home.
☐ Establish escape routes from every floor of your home and know where to meet outside.
☐ If you do not have a fire-escape, keep portable escape ladders on the upper floors of your home. ☐ Have regular home fire drills.
 Keep a multi-purpose fire extinguisher on each level of your home—and learn how to use it. In the event your clothing should catch fire, stop what you're doing, drop to the floor, and roll around until flames are extinguished.
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HOME FIRE EMERGENCIES

Would You Know What To Do?

If an accidental fire broke out in your home, would you know what to do? Being able to react quickly—and appropriately—in a fire emergency can literally mean the difference between life and death. Take a few minutes to review the following guidelines with your entire family. You're never too young, or too old, to learn how to save your life.

If It's Small, Smother It

If you are absolutely certain that a small fire poses no immediate threat, you may be able to put it out before it causes damage. Remember, fires require fuel, oxygen, and heat to burn. Small, contained fires (such as a grease fire in a cooking pan) can often be put out



Smother small grease fires with baking soda or a drychemical extinguisher—never use water.

promptly by cutting off the oxygen supply and smothering the flames. For grease fires, turn off the stove or oven, cover the pan (if possible) or use baking soda to douse the flames. For small electrical fires, unplug the appliance immediately and use a multi-purpose dry chemical extinguisher. NEVER USE WATER ON GREASE OR ELECTRICAL FIRES.

If It's Not, Evacuate!

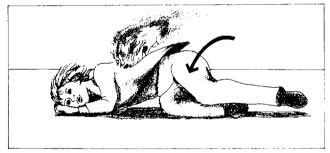
If you are in *any* doubt whatsoever about the severity of a home fire, get out! Every member of your family should know your fire escape plans—what route to take, alternatives if that route is blocked, and where to meet outside. If there is a great deal of smoke, stay as close to the floor as possible to avoid breathing potentially toxic smoke. Don't open any door that feels warm to the touch. Once outside, call the fire department immediately, and do not re-enter the house.



If you are in *any* doubt whatsoever about the severity of a home fire, get out! Then, call the fire department immediately.

Stop, Drop, and Roll

If your clothing should catch fire, do not panic and do not run! Running actually fans the flames increasing your risk of serious injury. Instead, *stop* what you are doing, *drop* to the floor, and *roll* around until the flames are extinguished. (If you have small children, it may help to practice the stop, drop, and roll "game" until it becomes second nature to them. Often, a child's first instinct is to run away when his or her clothes catch fire.)



If your clothes catch fire-stop, drop, and roll.

Practice Fire Safety

To protect your loved ones, be fire-safe. You can begin by correcting fire hazards *before* they become fire emergencies. But, if fire should strike, be prepared. Make sure you all know your family escape plans, the locations of emergency equipment (escape ladders, fire extinguishers), and where to meet outside. Remember, if you are *ever* in doubt about the seriousness of a home fire, get out!

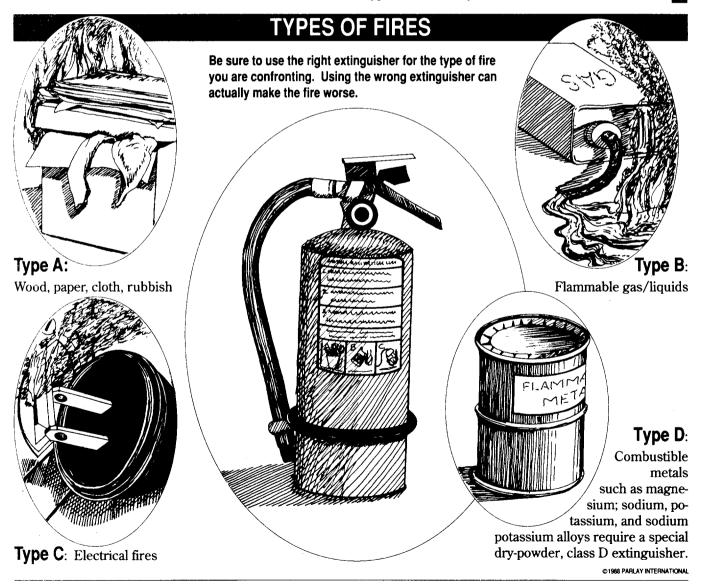
FIRE EXTINGUISHERS

Choosing The Right Extinguisher

Several small fires can be contained and extinguished before they can cause damage to persons or property if the light fire extinguisher is used. Fires are rated A, B, C, or D, depending upon the type of "fuel" that is burning. Fire extinguishers are rated according to the type of fire they can put out. This information is listed prominently on the extinguisher. Take a moment to learn the four types of fires so that you'll know which extinguisher to use if you find yourself in a fire emergency.

Fire Extinguisher Codes

Fire extinguishers come in many varieties—water, carbon dioxide, dry chemical or powder, and liquified gas. Fire extinguishers are coded to reflect the type of fire they can put out: "A" (green label); "B" (red label); "C" (blue label); and "D" (yellow label). Newer extinguishers have picture codes showing the type (or types) of fires they can be used on.



P.A.S.S. The Fire Extinguisher Usage Test!

Being able to use a fire extinguisher is an important safety skill which everyone should acquire. You never know when you might have to use one at work, at home or on the road.

Fire extinguishers work by smothering or cooling fires. Their job is to put out small fires and prevent them from becoming big fires.

At first sign of a fire, you should sound the building alarm and then call the fire department. The priority is to get everyone out of the building immediately. If you cannot handle the fire safely, get out.

Close (but don't lock) doors behind you — this is to slow down the spread of the fire. Stay between the fire and an exit so that you do not become trapped.

Attempt to fight a small fire only. (However, if you are a trained and authorized member of a fire-fighting team, your priorities will be different. Fire-fighting is part of the job description in certain work environments. Some work situations have large fire extinguishers which are transported on carts or vehicles. But we are referring to small portable fire extinguishers.)

Remembering the word "PASS" can remind you of the four steps to using a fire extinguisher.

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"P" stands for "Pull", which means pull the pin. There are some types of fire extinguishers which require another action such as releasing a latch or pressing on a lever.

"A" stands for "Aim". Aim the nozzle of the fire extinguisher at the base of the fire.

The first "S" stands for "Squeeze". Squeeze or press on the handle of the extinguisher.

The final "S" means "Sweep". Sweep from side to side at the base of the fire. Keep doing this until the fire is out. It is necessary to use the right kind of extinguisher on the fire. These are the main types of extinguishers:

"A" fire extinguishers are used on ordinary combustibles, such as wood, paper, cloth, some plastics and rubber.

The "B" extinguisher is used on fires in flammable liquids.

These include kitchen grease, oil, gasoline and certain paints.

The "C" extinguisher is intended to be used on electrical fires, such as those in wiring and other energized electrical equipment. (Never use water or a water-type extinguisher on an electrical fire because of the danger of shock.)

The "D" extinguisher is less common than the other types. It is used on combustible metals found in certain industrial workplaces.

Combination fire extinguishers such as "ABC" are available and are commonly used in workplaces and homes.

Fire extinguishers need to be serviced and maintained on a regular basis. Never cover or block access to a fire extinguisher. Off-the-job, be sure to furnish your home, workshop and vehicle with the appropriate extinguishers.

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HAZARD COMMUNICATION

Protecting Your Health and Safety

Hazard Communication, or "HazCom," is the best way for you to find out about the danger of exposure to chemicals in your workplace. It lets you know how to protect yourself and others from these hazards.

We Need HazCom

Your health and safety, and your coworkers', depends on your understanding of the information your employer provides about handling chemicals. HazCom can help you prevent disabling injuries, serious illness, even death due to explosions, fires, other accidents, or overexposure to chemicals.

If you don't work in a chemical or manufacturing company, you may think that you are not at risk. But, your exposure to chemicals such as cleaning solvents, pesticides, gasoline, even toner in your office copier can be harmful if the chemicals are mishandled.

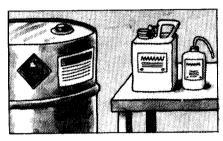
Attention to your company's HazCom program is always important. A manufacturer may change the formula of a chemical you've used before, or you may start working with a new chemical.

The HazCom Standard

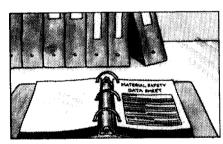
The Occupational Safety and Health Administration (OSHA) established the HazCom Standard to protect the health and safety of employees. The HazCom Standard ensures your right to know about potential dangers by requiring employers to develop and explain the company's written HazCom program.

Three Important Aspects

The most important elements of any company's HazCom program are:



Warning labels on containers



Material Safety Data Sheets (MSDS)



3 Employee training on the proper handling, usage, storage, and transportation of chemicals.

Your Company's Program

Your supervisor, or the company's HazCom contact, can give you

details on your company's program. Each company's approach is different, but most programs let you know such things as:

- When and how your next training will take place;
- What MSDSs tell you and where they are located;
- The names of hazardous chemicals in each work area;
- •How to obtain a written copy of your company's own HazCom Program and of the official OSHA HazCom Standard;
- How site evaluations will be performed;
- Which protective measures and equipment are required or suggested for each chemical;
- How outside contractors will be trained:
- Special procedures for occasional hazards and unlabeled pipes;
- Results of chemical manufacturers' reviews of scientific studies on each chemical.

Partners in Protection

You and your employer are partners in protecting you against chemical hazards. Your responsibilities begin with reading carefully the important information on all labels, MSDSs, and training materials which your employer gives you. If you don't understand something, ask your supervisor to explain it.

Your health and safety in the future may depend on your following the correct procedure now.

MATERIAL SAFETY DATA SHEETS

Your Key to Chemical Safety

Living in the modern world, you probably are aware that the use of chemicals offers convenience and progress at home and work.

Naturally, you want to avoid dangerous overexposure to chemicals, especially on the job. Such overexposure is possible no matter where you work, even in an office or light industry.

Your company's Hazard Communication, or HazCom, program was created to protect your health and safety. Three important elements are at the heart of your HazCom program: warning labels on containers, training on the safe usage and handling of chemicals, and Material Safety Data Sheets (MSDS).

Know What's On An MSDS

MSDSs are printed pages which give you all the critical information you need about how to use, transport, and store chemicals in order to protect yourself, as well as what to do in case of emergencies and overexposure. Information on MSDSs includes:

- ➤The chemical's name or names
- ➤ Name, address, and phone of the manufacturer
- ➤ List of the chemical's ingredients
- ➤ Permissible Exposure Limits (PEL) or Threshold Limit Value (TLV)
- ➤ What conditions or other substances will cause the chemical to catch fire, explode, melt, or turn into dangerous gases
- ➤ How it usually looks and smells
- ► How to put out a fire involving the chemical
- ➤What to do if it spills or leaks
- ➤ How to prevent dangerous exposure
- ➤ Health hazards such as skin irritant or cancer-causing
- ➤ Symptoms of overexposure
- ➤ What to do if you are overexposed
- ➤When the MSDS was prepared

The information for each chemical's MSDS is put together by the manufacturer or distributor for that chemical. The sheets often look different from each other, but they still provide the same information. The law requires your employer to keep MSDSs up to date and to send the MSDS to your doctor or designated representative if you request it.

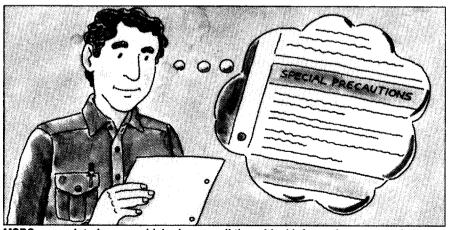
Know Where The MSDS Is Kept

MSDSs must be readily accessible to employees. A posted sign may tell you where, and you can also find out by reading your company's written HazCom program. If you're not sure where to find MSDSs, your supervisor or your company's HazCom contact will make them available to you—it's the law.

Important Protection

You should always read the MSDS before you begin a job using a chemical. Even if you've used the chemical before, the manufacturer may have changed its formula which may change the steps you should take to protect yourself. Taking proper precautions listed on the MSDS, such as wearing a respirator, can prevent serious long-term illnesses.

If you don't understand something on the MSDS, or have questions about your company's HazCom program, ask your supervisor or company contact. Your company knows that HazCom works best if you are fully informed and involved.



MSDSs are printed pages which give you all the critical information you need about how to use, transport, and store chemicals safely.

READING MATERIAL SAFETY DATA SHEETS

Effective Protection You Can Depend On

The Material Safety Data Sheet, or MSDS, is written information that can help protect you from overexposure to chemicals you find on the job. The MSDS is part of your company's Hazard Communications Program. Each company can design its own MSDS form, and the sections may be in different order. But, the basic kinds of information on any MSDS will be the same.

Chemical Name

Lists the identity of the substance (the name on the label), date the MSDS was prepared, the name and address of the manufacturer, and usually a phone number for emergencies and more information.

Hazardous Ingredients/Chemical Identity

Includes names of substances in the chemical that might be dangerous, and safe exposure limits such as Permissible Exposure Limit or PEL (set by OSHA) or the Threshold Value Limit or TVL. Also lists common names for the chemical.

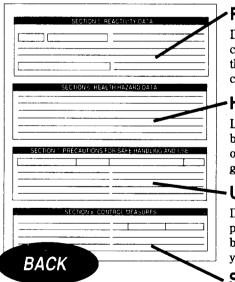
Physical Characteristics

Describes many physical qualities of the chemical, and lets you know what's usual or safe. For example, how the chemical looks and smells; boiling and melting temperatures (important in case a chemical might become a gas you could breathe); evaporation rate (known as percent volatile); how easily the chemical dissolves; and how heavy it is (this tells you if it will sink, float, or dissolve in water.)

SECTION 3 PHYSICAL CHEMICAL CHARACTERISTICS SECTION 3 PHYSICAL CHEMICAL CHARACTERISTICS SECTION 3 PHYSICAL CHEMICAL CHARACTERISTICS FRONT

Fire and Explosion Data

Tells you the lowest temperature when the chemical could catch fire ("flash point"). Lets you know if it's flammable (catches fire below 100°F) or combustible (catches fire above 100°F). Lists the best way to put out a fire involving that chemical.



Reactivity

Describes what happens if this chemical comes in contact with air, water, or other chemicals. Describes conditions (like heat) or materials (like water) that can cause the chemical to react by burning, exploding, or releasing dangerous vapors. The chemical is called "incompatible" or "unstable" with these conditions or substances.

Health Hazards

Lists ways the chemical might enter your body, like splashing on your skin or being breathed in as vapor as well as possible symptoms of overexposure. Lets you know if overexposure might make existing medical conditions worse, and describes emergency first aid procedures.

Usage, Handling, And Storage

Describes how to clean up an accidental spill, leak, or release, including special procedures. Tells you how to handle, store, and dispose of chemicals safely. Remember, if there is an accident, notify your supervisor immediately, and take care of it yourself only if you are trained to do so and are wearing the proper equipment.

Special Protection And Precautions

Explains special Personal Protective Equipment (PPE) and other equipment to use when working with the chemical, special procedures, extra health or safety information, signs that should be posted, and other information not covered in other sections.

CHEMICAL WARNING LABELS

Essential Personal Safety

From corrosive industrial cleaners to toner in the office copier, hazardous chemicals are common in every workplace. Your company's Hazard Communication, or HazCom, program was created to protect you from overexposure to dangerous chemicals. The three most important parts of your HazCom program are: training on the safe usage and handling of chemicals, Material Safety Data Sheets (MSDSs), and chemical warning labels.

The Purpose of Labeling

The warning label provides important information about a chemical and is attached to the container itself. While you can get the same information (and more) from an MSDS, only a warning label can tell you exactly which chemical is inside that particular container. A warning label communicates to you and others. When you transfer a hazardous chemical, the label you put on the new container protects others who may use the chemical in the future—including you!

Label Information

The most important information on the label is a single word indicating how hazardous the chemical is. "Danger" means it is the most hazardous kind of chemical. "Warning" is somewhat less hazardous, and "Caution" is the least. But even chemicals labeled "Caution" can be harmful to your health if you do not follow proper procedures.

Labels must list basic information

such as the chemical's name; whether or not it's flammable; the name, address, and phone of the manufacturer or distributor; a list of the chemical's ingredients; target organs that could be affected by the chemical and other information such as:

- How reactive the chemical is (when it catches fire, explodes, or becomes a dangerous gas)
- If the chemical is radioactive
- What kind of fire extinguisher to use in case of fire
- Protective equipment you should wear when using the chemical
- Procedures for usage, handling, storage, and disposal
- Critical first aid instructions
- · How to handle spills and leaks

Torn Or Missing Labels

The most dangerous chemical is one without a label. Never handle a chemical until you know what it is. If a label is missing, immediately tell your supervisor who can find out what the chemical is and label it appropriately.

If a label is torn or damaged, it can lead to serious consequences. The one piece of information you need to protect yourself may be torn off or illegible.

The Federal HazCom Standard allows containers without labels under specific circumstances, but you must always be able to tell what is in the container. In some cases, a notice will be posted next to the



Always read the label *before* you begin a job using a potentially hazardous chemical.

container or on the process sheet. Your city or state may also have regulations about chemical warning labels.

To Read Warning Labels

Always read the label before you begin a job using a potentially hazardous chemical. Even if you've used the chemical before, the manufacturer may have changed the formula or concentration. If you have more questions about the chemical, read the Material Safety Data Sheet—it provides valuable information, often in greater detail than the warning label. Remember, if you make it a habit to read all labels, you'll be confident that your health and safety are protected.

Hazardous Waste Problems Around Your Home

Hazardous waste isn't a problem just for large industries. Your home is full of hazardous products which you must dispose of safely to protect the environment. When these products are just dumped into a landfill, they can leach into the ground and pollute the water table. They also contribute to air and soil pollution for years to come.

Maybe you think you don't have hazardous products around your home. Check out this list of common products which can be unfriendly to the environment: Batteries, cleaners and drain cleaners, herbicides and pesticides, paint, motor oil, pool chemicals, polishes, solvents, anti-freeze,

pharmaceuticals, stain removers, toilet cleaners, wax strippers, oven cleaners, some bathroom cleaners, bleach, lye, wood stains and preservatives, varnish removers and paint thinner.

Try safer alternatives;

- Baking soda makes a good scouring powder.
- Vinegar and water cleans windows and smooth surfaces.
- To make an all-purpose cleaner, mix a half cup of ammonia, a half cup of white vinegar, a quarter cup of baking soda and a half gallon of water.
- For a disinfectant, mix a half cup of borax per gallon of hot water.
- For a dishwasher detergent, mix one part of borax and one part of



washing soda.

• For a dishwashing liquid, try a natural soap or a phosphate-free product.

Alternative drain cleaners:

- Pour boiling water down drains regularly to keep them clear.
- Use a handful of baking soda and a half cup of white vinegar. Cover the drain tightly for one minute while the mixture fizzes. Flush.
- Put a half cup of salt and a half cup of baking soda down the drain. Follow with six cups of boiling water. Let it sit for a few hours or overnight. Flush with water.
- Pour hot water with a half a cup of washing soda down the drain.
- Use a plunger, a coat hanger or a mechanical snake to clear drains.

Painting:

- Use old paint as primer.
- Before disposing of oil-based or enamel paint cans, take outdoors and remove the lid to allow the contents to air-dry and harden.
- Allow used turpentine to sit in a closed jar until the paint particles have settled. Pour off the clear turpentine and use again.

Air quality:

- Instead of aerosol products, use pump spray bottles.
- Make your own air fresheners by boiling or simmering sweet herbs, flower petals or spices. A good mixture is cinnamon and cloves.
- Keep house plants such as spider plants to clean the air in your home.
- Keeping your home clean and aired out will help eliminate odor problems.
- Clean heat registers, air ducts and vents on a regular basis to improve air quality.

If you use dangerous products:

- Don't purchase more than you need.
- Use them up, or give leftovers to someone who can use them.
- Separate hazardous materials from your household garbage.
- Never dispose of hazardous materials in the sewer system, in storm drains, soil or open bodies of water.
- Contact your local government for information on how to dispose of them safely.

The average household has a surprising number of products which can cause damage to the environment. Use them sparingly, and dispose of them with care.

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Use The Right Hand Tool The Right Way

Misuse and lack of proper maintenance are the cause of many injuries from hand tools.

Specific safety rules will vary greatly from one type of hand tool to another, but these general guidelines apply to most:

• Choose the right tool for each job — don't improvise. Be sure to use the tool for the purpose for which it was intended.

- Examine the tool before use to make sure it is in good repair. Check for defects such as chips, cracks, dents, worn jaws on wrenches and pliers, mushroomed heads on striking tools and damaged or loose handles.
- If you find a tool to be defective, remove it from service so it can be repaired or discarded.
- Maintain your tools according to manufacturer's directions. Keep them clean and dry, and lubricated if required.
- Avoid temperature extremes which may damage tools.
- Keep cutting tools sharp. Surprisingly, dull blades are the cause of many injuries.
- Aim the cut away from yourself and from other workers when using cutting tools.

- Have specific places to store hand tools, and put them back as soon as you have used them.
- Never carry tools in your pockets because they can cause injury especially sharp tools. Carry them in a work apron, tool belt or tool box. When climbing a ladder, don't carry your tools in your hands. Instead, carry them in a tool belt or hoist them up.
- When passing a tool to another worker, hand it over. Never throw it because you could injure another person and damage the tool.

- Before swinging a tool (such as an ax or sledge) look around to make sure that no one is in the way.
- Don't use excess force. Never use cheaters or pipe extensions on tools such as wrenches.

• Never depend on an insulated tool such as a screwdriver to protect you from electrical shock.

You must take all other

precautions.

• Similarly, never depend on supposedly non-sparking tools to prevent ignition around flammable substances and in hazardous atmospheres. You must be sure to take all other precautions.

• Some tasks for which you use hand tools can contribute to hand and wrist injuries — and even back injuries. These are caused by repeated impact, strain and vibration. There are a number of things you can do to prevent these

injuries. Work with your back in a comfortable straight position. Keep you shoulders, elbows and wrists in a comfortable alignment. Do not twist your hands or wrists. Specially designed tools with extra padding can help to prevent some of these injuries.

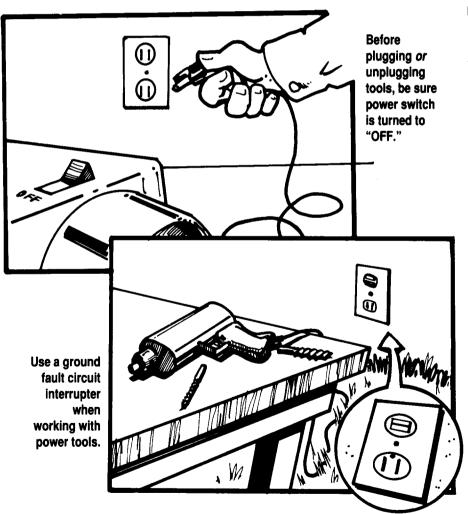
• There is another tool which you should use whenever you are using hand tools. That is your eye protection. Make sure you wear the appropriate safety glasses with side shields, or safety goggles.

Hand tools may look relatively harmless, but they do contribute to many workplace injuries. Use them with care.

BASIC RULES FOR POWER TOOLS

Portable Power Tool Safety

If you've spent your day operating a drill press, your hand drill may not seem like a particularly dangerous tool. Not true. It's estimated that about 8% of industrial accidents involve the unsafe use of hand tools (both manual and power). These accidents result from using the wrong tool for the job (or using the right tool incorrectly), failing to wear personal protective equipment, or failing to follow approved safety guidelines. The following checklist provides some basic rules for the safe use of portable power tools. Take a moment to review this list, and use the tips here whenever you use a portable power tool—on or off the job.



Power Tool Rules

- Use your tool only for the specific task it was designed to do.
- Read the owner's manual before using your tool.
- Never use any tool—power or manual—unless you are trained to do so.
- Inspect before each use and replace or repair if parts are worn or damaged.
- Inspect screws, nuts, bolts and moveable parts to make sure they are tightened.
- ☐ Before plugging *or* unplugging tools, be sure power switch is turned to "OFF."
- Never disconnect power by pulling on the cord—remove the plug from the outlet.
- Never clean or repair a tool unless power is disconnected. (Repair tools only if you are trained to do so.)
- When working on ladders or scaffolding, rest power tools on a flat surface or in a bin secured to the ladder itself. (A falling tool can seriously injure a coworker or bystander.)
 - Use a ground fault circuit interrupter when working with power tools.
 - Do not wear rings, jewelry, or loose clothing when operating power tools.
 - Wear Personal Protective Equipment (PPE), such as face shields, safety goggles, disposable masks, etc. as required.

SAFER USE OF POWER TOOLS

• Before you use the tool each time, inspect it as well as the cord. Make sure that the handles, insulation, wiring, connections and cord are all free of signs of wear or damage.

• If you find any defects, do not attempt to repair them yourself. Tag the tool and turn it in so it can be repaired or replaced. Do not make unauthorized repairs. Never tape cords to repair them.

• Before you start work you should test the tool including the switch.

• When you must work around moisture, take very careful precautions. Use a Ground Fault Circuit Interrupter (GFCI) in any potentially damp location or outdoors.

• Arrange the power cord to avoid damage and shock hazard. Don't hang it over sharp edges of the bench or materials. Do not place it where it can be crushed. Never let it run through water. Do not place it where it becomes a tripping hazard.

• Always turn off the tool and disconnect the power cord before attempting any adjustments or when the tool is not in use.

 Always remove any chuck, adjusting key or wrench before plugging in a tool or switching it on.

• Use safety guards. Make sure they are in place, correctly adjusted and free of damage.

• Hold onto the tool firmly, and support the work as required with vises or clamps. Work on a stable, flat surface.

• Keep in mind that a power tool can cause a source of ignition in the form of a spark, so do not use it where flammable gases or vapors may be present.

• When transporting or storing power tools, protect them so they do not become damaged.

• Wear the Personal Protective Equipment required. You will always need to wear eye protection. The job may also require safety footwear, a leather apron, respiratory protection such as a particle mask, hearing protection or other forms of PPE.

• Avoid loose clothing or jewelry which can become caught in rotating parts of the tool or in the work. In many situations involving power tools, it may be better to avoid wearing gloves for these reasons.

Power tools make many jobs go quickly and easily, but always treat them with respect.

Using power tools certainly beats working without them. But it is important to be aware of and avoid the many hazards associated with power tools.

Eye injuries from flying particles are common problems associated with power tools. Injuries to the fingers and hands, electric shock, entanglement and hearing loss are also hazards.

Here are some tips for safer use of power tools:

- Choose the right tool for the job.
- Use the tool in the manner for which it was intended and designed.
- Avoid electrical shock by using only tools which are double-insulated or which have a third prong for grounding.
- Correctly maintain the tool by following the manufacturer's instructions. Keep it cleaned, oiled and repaired as specified.

SAFETY RULES FOR POWER TOOLS

KNOW YOUR POWER TOOL - Read the owner's manual carefully. Learn its applications and limitations as well as the specific potential hazard peculiar to the tool.

GROUND ALL TOOLS - UNLESS DOUBLE-INSULATED - If the tool is equipped with three-prong plug, it should be plugged into a three-prong electrical receptacle. If an adapter is used to accommodate two-prong receptacle, the adapter ear must be attached to a known ground. Never remove the third prong.

KEEP GUARDS IN PLACE - and in working order.

AVOID DANGEROUS ENVIRONMENT - Don't use power tools in damp or wet locations. Keep area work area well illuminated.

STORE IDLE TOOLS - When not in use, tools should be stored in dry, high or in a secure place.

DON'T FORCE TOOL - Don't force a small tool or attachment to do the job of a heavy-duty tool.

WEAR PROPER APPAREL - No loose clothing or jewelry to get caught in moving parts.

USE SAFETY GLASSES - With most tools. Also face or dust mask if the cutting operation is dusty.

DON'T ABUSE CORD - Never carry a tool by the cord or yank it to disconnect from the receptacle. Keep the cord from heat, oil and sharp edges.

SECURE WORK - Use clamps or a vise to hold work. It's safer than using your hand and it frees both hands to operate the tool.

DON'T OVERREACH - Keep proper footing and balance at all times.

MAINTAIN TOOLS WITH CARE - Keep tools sharp and clean for best and safest performance. Follow instructions for lubricating and changing accessories.

DISCONNECT TOOLS - When not in use; before servicing; when changing accessories such as blades, bits, cutters, etc.

REMOVE ADJUSTING KEYS AND WRENCHES - Form the habit of checking to see that keys and adjusting wrenches are removed from the tool before turning it on.

AVOID ACCIDENTAL STARTING - Don't carry tools plugged-in with your finger on the switch.

POWDER ACTUATED TOOLS

A number of tools utilizing explosive charges to drive fastenings, cut cables and perform similar functions have been developed in recent years, and are now widely used throughout industry. The manufactures of these devices provide detailed instructions regarding their use, and these instructions SHALL be closely adhered to at all times. The following general requirements apply to all powder actuated tools.

- 1. Only properly trained and qualified operators **SHALL** use powder actuated tools. Users **SHALL** possess Qualified Operator's Cards which are, after thorough training, issued by a particular manufacture's authorized dealer or distributor or other competent source.
- 2. A Loaded tool SHALL never be carried away form the worksite. The tool should always be left unloaded until ready to use.
- 3. The tool SHALL never be pointed at anyone, whether loaded or unloaded, and hands should be kept clear of open muzzle end.
- 4. Powder actuated tools **SHALL** never be stored or used in explosive atmospheres or in the vicinity of highly flammable materials, or where nonsparking tools are required.
- 5. The tool **SHALL** be held firmly against and perpendicular to the surface being driven into.
- 6. Safety goggles SHALL be worn by operator, and face should be protected if there is danger of spalling materials.
- 7. Manufacturers recommendations WILL be sought if there is any doubt about the material being driven into. Most manufacturers recommend against driving into very hard or brittle materials such as cast iron, surface hardened steel, glass block, live rock, face brick, hollow tile and similar materials.
- 8. In order to prevent flying hazards no stud or attachment should be driven without first making sure that it will not pass completely through the material being driven into.
- 9. The tool SHALL be loaded only if it is to be used immediately.

In areas where stud drivers are being used, signs and barricades identifying the high hazard area are REQUIRED.

REFER TO ANSI STANDARD A10.3 FOR FURTHER GUIDANCE AND REQUIREMENTS

POWER SAWS

Maintenance

Safety and efficiency go hand and hand - a power saw in good condition is not only safer but does more work.

Operation

- 1. Make sure saws are used only by persons qualified to operate them.
- 2. Require operators to wear suitable eye protection when using power saws.
- 3. Use the right saw for the job.

REMEMBER

When Using a Portable Electric Saw:

- 1. Be sure it is equipped with a shoe and guard.
- 2. Make sure the cord is in good condition and equipped with a three prong plug if it is not double insulated.
- 3. Connect saw to a three-conductor circuit so that metal parts are grounded.

When Using a Table Saw

- 1. Make sure saw and motor frame are properly grounded.
- 2. Keep your body out of line with the lumber being sawed.
- Use a pusher stick.
- 4. Use a brush to remove scrap from the table. <u>Don't</u> use your hands!
- Shut off power while adjusting saw hood or gauge.
- 6. Lock power controls in the "off" position (and, where possible, unplug the electric power cord) before changing saw blades.
- Make sure there is no play in the arbor.
- 8. Get help when sawing long or bulky material.
- 9. Keep the area around the saw free from loose material that can cause tripping.

GROUNDING OF PORTABLE ELECTRICAL TOOLS

There's a widespread but mistaken idea that 120 volts can't injure a person. Each of us should think about the dangers of low voltage electricity, especially if you use portable electric tools.

The possibility of death from electrical shock doesn't depend entirely on the voltage of the power supply. It depends on the resistance of the human body which varies greatly among individuals and on the conditions under which a person is working. It takes only 1/10 of an Amp to kill you.

One cause of electric shock when using portable electric tools is failure of the insulation between the current-carrying part and the frame of the tool. When the insulation fails, fatal electric shock, severe burns, and falls from one level to another may result.

Electricity always tries to reach a ground potential and will always take the path of least resistance. It the outer metal shell of a defective tool becomes energized, the operator sets up a direct path through their own body between the energized tool and the ground itself. This ground can be the earth or it can be some structure like pipes or steel building structures that are in contact with the earth. Body resistance is lowered when you work in wet areas or sweat heavily. Then electricity can flow easily through vital regions of your body.

Keep portable electrical tools in good condition through use of a regular inspection program. But you have to do your share by turning in a tool as soon as you see it needs repair.

Most portable electrical tools manufactured today have three wire connections to a polarized plug on the end of the cord. If the third wire is brought into the same plug and fastened to a terminal, then all you have to do is insert this polarized plug into the polarized receptacle which joins the two ground connections and provides a direct path from the tool to a grounded structure.

On construction jobs being done inside plants or existing installations, make an inspection, check with the maintenance engineer, and use the same type grounding equipment that has been in use on the permanent installation.

In sandy areas you may have to string additional ground wire from the ground connection to some other location. If so, make sure the ground wire can't be broken by construction operations. This precaution is important because you're relying completely on this ground wire.

When you notice defects in trigger switches, connecting rods, plugs, or receptacles, report them immediately so that repairs can be made. Don't use defective tools.

Regardless of the grounding circuit, unsafe conditions should be respected and corrected at once. Remember, there's no excuse for unsafe equipment. "It only takes 1/10 of an Amp to kill."

HUNTER SAFETY

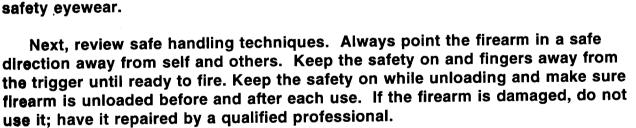


Every year untold numbers of hunters inhabit the woods during hunting season. Many are seasoned cautious hunters with numerous years of experience and expertise. On the other hand, many hunters are not experienced or they fail to follow basic rules for hunter safety. Each year, in both categories, tragic and often fatal, accidents occur because of unsafe handling and storing of firearms. The Hunter Education Association

reported a total of 1,513 personal injury accidents including 137 fatalities in past year's hunting activity. Overall, about 30 percent of the deaths and injuries associated with hunting were self-inflicted.

In an effort to help reduce accidents during hunting season, each hunter is encouraged to review basic safety for use, handling and storage of firearms.

First, learn how the weapon operates. Become familiar with manufacturers instructions for use, how to clean it and how to store it safely. Use the firearm only for the specific purpose it was intended and only with ammunition designed for that firearm. Load only when you are ready to fire and never leave a firearm unattended or unsecured. Personal protection for use with firearms includes hearing protection and



Additionally, when use is complete, store the unloaded firearm, equipped with trigger locks, in a locked container separate from the ammunition. Keep the keys and cases away from children.

So when hunting, obey the rules for safety. Don't let the hunter become the prey of unsafe actions. And, of course, NEVER use a firearm while under the influence of alcohol or other drugs.

Susie Ashby, Installation Safety Division

FIREARMS

Guidelines For Safety

The safe use of firearms is everyone's concern. Each year, tragic—often lethal—accidents occur because of the unsafe use, handling, and storage of rifles, revolvers, and other firearms. If you own a firearm, learn how it works, read and follow the manufacturer's instructions, and follow these recommendations for firearm safety.



Read the manufacturer's directions before using—learn about how it operates, how to clean it, and how to store it safely.

Safe Use

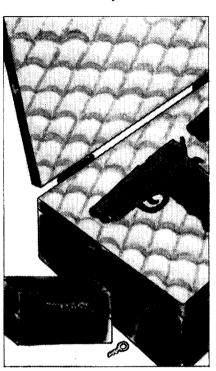
- Read the manufacturer's directions before using—learn about how it operates, how to clean it, and how to store it safely.
- Use only for the specific purpose for which it is intended.
- Use only the ammunition designed for your particular firearm.
- Load only when you are ready to fire, never beforehand.
- Never use a firearm while under the influence of alcohol or other drugs.
- Never leave your firearm unattended.
- ☐ Wear eye and hearing protection when using firearms.

Safe Handling

- Always point it in a safe direction, away from yourself and others.
- Keep safety on while unloading.Open action until ready to
- ☐ Keep fingers away from trigger until ready to fire.
- ☐ Make sure firearm is unloaded before and after each use.
- If firearm is damaged, do not use; have it repaired only by a qualified professional.



Always point firearm in a safe direction, away from yourself and others.



Lock firearm and ammunition in separate cases while not in use.

Safe Storage

- Store firearm only when unloaded.
- Lock firearm and ammunition in *separate* cases while not in use.
- Keep keys to firearm and ammunition cases away from children.
- Use trigger locks when not in
- When traveling with firearms, be sure to have all required permits and licenses readily available.

USASC SAFETY FLYER



FAMILY ACCIDENT PREVENTION PROGRAM

CAMPING SAFETY

Before you leave all cares behind in the "asphalt jungle" prepare for your outing in the wild with a few preparations.

CLOTHING. Cotton is a light, comfortable fabric that is cool, durable, and suitable for warm weather wear. Wool is a snug, rugged material and should be at the heart of a winter wardrobe. Unlike cotton, wool will keep you warm even if it becomes wet.

FOOTWEAR. The shoes you wear should match the conditions you expect. For easy walking over short distances, athletic shoes may be fine. Hiking boots (combat boots are a good substitute) that are strong enough to give your ankles support, sturdy enough to withstand miles of wear, and light enough to be worn all day are essential.

FOOD. Pack dried, canned, or fresh food. With fresh food, be sure you have the capability of storing it so it won't spoil. Never depend on "living off the land" by hunting or fishing. Bring food in case the fish aren't biting or game is scarce.

ESSENTIAL SURVIVAL GEAR. A pocketknife, flashlight, matches in a waterproof case, a compass, a "space" blanket, rain gear, bug spray, flares, whistle, and a canteen of water.

FIRST AID KIT. Bandages, splints, aspirin, disinfectant, soap, and calamine lotion.



Hypothermia

By Susan Wright

Hunters, anglers and boating enthusiasts can fall prey to a silent killer during the winter months: Hypothermia.

It is estimated hypothermia, a lowering of the body's internal temperature, is responsible for half of all drownings. At least 223 of the 896 boating deaths in 1989 were during the months October to March, often as a result of capsizing and falls overboard.

When you fall into cold water, the body cools rapidly, 25 times faster than in cold air. In minutes, the temperature of the heart, brain and other organs begins to drop. Unconsciousness can occur when your core temperature drops below 90 degrees.

A sudden plunge into cold water can trigger hyperventilation, or a gasp reflex. Either can be fatal. The cold water will quickly numb extremities, and your cold fingers will be unable to buckle or hold on to a life jacket, rescue line, or overturned boat.

If you fall into cold water, concentrate on getting out. Right the boat and climb in it, or climb on top of an overturned boat.

If you cannot get out of the water, remain as still as possible, and huddle to preserve body heat. Wearing a hat and life jacket will keep you warmer, because moving to keep afloat drains heat from the body. Keep your clothes on and button up collars and cuffs.

Stay with the boat -- you are easier to spot when rescuers come. Even if the shore is close, you cannot swim far in cold water.

Any person pulled from cold water should be treated for hypothermia. Symptoms include intense shivering, loss of coordination, mental confusion, cold and blue skin; weak pulse, irregular heartbeat, and enlarged pupils. Once shivering stops, core body temperature begins to drop below critical levels.

Hypothermia victims require professional medical attention. Keep them warm by removing wet clothes and bundling them in warm blankets, or huddle them between two other people to share body heat. Never give alcohol to a hypothermia victim.

For a free brochure on hypothermia, write Boat/U.S. Foundation for Boating Safety, 880 S. Pickett St., Alexandria, VA 22304. For information on free boating safety courses call 1-800-336-BOAT, or in Virginia 1-800-245-BOAT.

HALLOWEEN SAFETY

This holiday can be a stressful time for parents. One worry many parents have is that their children's candy has been tampered with. Parents may think that razor blades, pins or drugs could be lurking in their child's boundless supply of sweets. So what should parents of trick-or-treaters do? Well, certainly inspect all of the candy your children collect. But don't make the mistake of only taking precautions for candy tampering; it's not the only Halloween danger. Other

immediate dangers face your child at this time and you should monitor them closely.

Children generally aren't used to walking in long gowns and high heeled or uncomfortable shoes.

Children will be walking up and down many steps and curbs while trick-or-treating. Be sure costumes are short enough to avoid tripping. Outfits that include pant legs are ideal. Avoid high heels, floppy clown-type shoes or heavy boots. Find shoes that will both complement your child's outfit and be

comfortable to wear. Create a brightly colored costume. Reflective material or tape (found at most hardware stores) will make your child visible to cars. Place the tape on the front, back and sides of the costume so your child can be seen from all directions

Many children have been maimed or killed because of a mask blocking their vision. Stairs, yards and curbs all become a problem when a child is wearing a mask that restricts sight. A safe alternative is a disguise painted right on the child's face. This creates endless possibilities for children to exercise their creativity. Use items such as lipstick, liquid base, blusher, eye makeup or greasepaint.

Although fire mishaps ar not common during Halloween, take certain precautions. Because many people decorate their front porches with Jack-O-Lanterns containing candles, the National Fire Protection Association warns:

"Avoid costumes with flimsy fabric, loose flowing sleeves and voluminous skirts. Also beware of the traditional billowing robes of ghosts and



witches made of yards and yards of worn sheets which can easily catch fire.

Whether you buy or make your child's costume, the material should be flame-resistant. Wool is a good choice because it does not promote combustion. Cotton fabric may be fireproofed by dipping it into a mixture of seven ounces of borax, three ounces of boric acid and two quarts of water. Let the fabric drip dry and then iron it. If the material becomes wet or is washed, repeat the fireproofing process.

Children may get tired and become careless about crossing streets. Cars pose the biggest threat to your child after dark. If your children trick-or-treat during the evening, a responsible adult should accompany them. This will ensure that your child crosses streets safely while being protected from strangers.

One way to eliminate the dangers of evening trick-or-treating is to have a community or church-sponsored Halloween party in the afternoon or at dusk. With forethought on your part, your child can enjoy this holiday safely.

By: Susie Ashby
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